Set Your Fitness Goal for the Long Term & Short Term

10-Year Vision	5-Year Goal	3-Year Goal
Picture your strongest, fittest version: when you are at your peak physical, mental and emotional fitness. **Example:** I want to be my best version physically, mentally and emotionally.	Reverse engineer your 10-year vision into a 5-year one.	Reverse engineer your 5-year vision to create a 3-year one. **Example:** I want to lose 20 kg.

Current health & fitness goal:
- Current health and fitness goal (6 months-1 year).
- I want to increase energy and endurance.
- I want to do 10-20 push-ups & pull-ups as habit goal.

Current habit goal:
- Wake up early (6 am).
- Workout 3 to 4 days a week.
- Eating 2000 calories/day.
- Journal 10-20 mins a day.